



Thighplasty Pre-Operative Instructions

1. Discontinue use of Aspirin or any products containing aspirin at least 2 weeks before surgery, as well as the use of Ibuprofen and Naproxen sodium anti-inflammatory agents as well.
2. Notify Dr. Hall or Dr. Wrye if you take any blood thinning medications like Coumadin or Warfarin. These may need to be adjusted prior to surgery.
3. Avoid using herbal supplements such as Garlic, Ginger, Vitamin E, St. John's Wort, Omega 3 & Fish Oil.
4. Please notify Dr. Hall or Dr. Wrye if you routinely take any other medications. In some cases you may need to refrain from taking certain medications until after surgery. If you must take it in the morning, take it with a very **small** sip of water.
5. DO NOT smoke and avoid secondhand smoke for at least 2 months prior to surgery.
6. You must have a responsible adult driver to take you home after surgery. IF YOU DO NOT HAVE A DRIVE YOUR SURGERY WILL BE CANCELLED.
7. Plan to have an adult caretaker for at least the first 24-48 hours staying with you after your surgery.
8. Avoid tanning beds and/or sun exposure on the operative area for at least one month before surgery.
9. No alcohol for 48 hours prior to surgery. Caffeine should also be avoided 24 hours prior to surgery.
10. No eating or drinking ANYTHING after midnight before your surgery. No mints, chewing gum, candy or chewing tobacco either.
11. In the morning, brush your teeth, rinse and spit. Try to avoid swallowing any water. Do not apply any deodorant or lotions to the operative area. Hair should be up in a ponytail if long enough.
12. Do not wear any make-up, jewelry, bobby pins, contact lenses, hairspray, hair gel or nail polish. Acrylic nails are okay.
13. Wear loose, comfortable clothing. A shirt or sweater that zips or buttons in the front. Wear loose, elastic band pants that are easy to pull up, for your comfort.
14. For the thigh lift, you may want to bring a plastic garbage bag to sit on in the car for the ride home.
15. Please notify us if you have any of the following symptoms within 2 weeks of your surgery:
FEVER, COUGH COLD, NAUSEA, VOMITING, DIARRHEA, RASH OR POISON IVY.

Post-Operative Instructions

- **Activity**
 - Rest at home following your surgery & avoid any activities that cause pain or discomfort.
 - No heavy lifting or strenuous exercise for at least 6 weeks. This includes activities such as laundry, vacuuming, aerobics and yoga.
 - You are encouraged and expected to be up and walking around the house the day after surgery, every 2-3 hours. This helps prevent any blood clots from forming.
 - Resume activities slowly. You may feel tired for the first few days, but you should be able to return to normal activities within 2-6 weeks post-surgery.
 - Sexual activity may be resumed when you feel comfortable.
 - Avoid direct sun exposure to the operative area for 1 year. Use SPF 30 or higher when in the sun, and avoid tanning beds.
 - Avoid driving until you are no longer taking pain medication and have full use of your reflexes. Do not drive within 6 hours of taking pain medication.
 - You may return to work within 3-8 weeks, or when Dr. Hall and Dr. Wrye think it is acceptable. This may depend on what type of work you do.

- **Hygiene/Dressings**
 - You may shower 24 hours after your surgery. Non-fragrance soap/ shampoo/ conditioner is okay to use.
 - Water does not harm healing incisions. Strictly avoid tub baths, hot tubs, swimming pools, oceans, and lakes until the incision is completely healed and no longer forming scabs. It is best to confirm with Dr. Hall or Wrye before soaking in bodies of water.
 - If you have steri-strips on, you may get them wet. Just pat to dry and leave them on. They will either fall off themselves or the doctor will remove them.
 - You will be required to wear a garment supplied by Dr. Hall and Wrye for 3-6 weeks after your surgery. You should wear it 24 hours a day for the first 3 weeks, removing it only in the shower. Dr. Hall and Wrye will instruct you for further use after that.
 - Expect the garment to be wet for the first 24 hours. When the garment becomes soiled, you may remove it to wash it and dry it but immediately put it back on.

- **General**
 - Expect to have discomfort for the first 7+ days. Take your pain medication before the pain becomes too severe.
 - Some bruising and swelling is normal. It is expected to take between 3-6 months to see your final results.
 - For your comfort, you may apply cold compress to the operative area for the first 48 hours. A washcloth dipped in icy water and/or frozen is suggested. Ice packs should NOT be used because the weight can cause tissue damage.
 - NO WARM OR HOT COMPRESSES should be applied to the operative area.
 - Sleep elevated, supported with pillows, or a recliner for 2 weeks after surgery.

- Numbness in the operative area should be expected. Time varies for the numbness to resolve.
- **Diet/Medications**
 - Begin with sips of liquids for the first few hours and gradually progress to a regular diet as tolerated.
 - It is extremely important to replenish your body of the fluids lost during surgery. DRINK 8-10 GLASSES OF WATER, JUICE OR GATORADE FOR 2 DAYS AFTER YOUR SURGERY.
 - Good types of food to have handy after surgery are high-fiber foods. Whole grains pack a lot of fiber, which helps keep food moving through your digestive tract. Additionally, protein-rich food including lean meat, skinless poultry, fish, eggs, and soy products like tofu.
 - Do not take medications on an empty stomach.
 - Avoid Aspirin or Aspirin containing products.
 - You may resume taking all vitamins and medications after 48 hours from the day of your surgery.
 - Sometimes pain medication and anesthesia can cause constipation. Over the counter laxatives or certain teas are recommended if constipation persists.

Notify the office immediately if you develop any of the following: FEVER OVER 100° F., SEVERE PAIN NOT RELIEVED WITH PAIN MEDICATION AND REST, INCREASED SWELLING OR BLEEDING, ESPECIALLY IN ONE BREAST AND NOT THE OTHER (if applicable) and/or EXTREME NAUSEA OR VOMITING.

It is not uncommon to feel uncomfortable after any cosmetic surgery. This is usually related to immediate discomfort, anesthesia, anxiety over the appearance of swelling and bruising, and the limitation of activity and socializing. These feelings will subside as your appearance improves and you return to your usual daily activities.

REMEMBER, YOU JUST HAD SURGERY. IT IS IMPORTANT TO TAKE IT SLOW AND LISTEN TO YOUR BODY. THIS IS A TIME WHEN YOU SHOULD BE PAMPERING YOURSELF, RELAXING AND TAKING IT EASY.

Doctors Hall & Wrye are committed to your care and are available for emergencies outside regular office hours. However, *for non-urgent concerns*, please contact the office during designated office hours. This helps ensure timely responses and allows our on-call team to prioritize urgent needs. Only in the event of an **emergency** should the physician be contacted directly. For medical questions, please call:

- 775-284-8296, Monday-Friday, 8 AM- 5 PM
- If you need the doctor after business hours, for medical emergencies only, please call the office and the doctor will be paged.